

WHAT IS CLAIMED IS:

1. A high fiber, reduced effective carbohydrate food formulation comprising:
 - a) about 10-80% masa corn flour;
 - b) about 10-60% ground corn bran; and
 - c) about 1-20% of pre-gelatinized flour, pre-gelatinized starch, or both.
2. The formulation of claim 1 further comprising:
 - d) up to about 60% ground corn germ;
 - e) up to about 50% corn gluten meal; and
 - f) up to about 30% vital wheat gluten or wheat protein isolate.
3. The formulation of claim 1 which comprises:
 - a) about 15-60% masa corn flour;
 - b) about 15-45% ground corn bran;
 - c) about 3-15% of pre-gelatinized flour, pre-gelatinized starch, or both;
 - d) about 15-40% ground corn germ;
 - e) about 5-15%, corn gluten meal; and
 - f) about 5-20% vital wheat gluten or wheat protein isolate.
4. Tortillas comprising the formulation of claim 1.
5. Tortilla chips comprising the formulation of claim 1.

6. Taco shells comprising the formulation of claim 1.
7. A corn based snack comprising the formulation of claim 1.
8. Breakfast cereal comprising the formulation of claim 1.
9. The formulation of claim 3 which comprises:
 - a) about 20-50% masa corn flour;
 - b) about 25-40% ground corn bran;
 - c) about 5-12% of pre-gelatinized flour, pre-gelatinized starch, or both;
 - d) about 20-35% ground corn germ;
 - e) about 5-15% corn gluten meal; and
 - f) about 5-20% vital wheat gluten or wheat protein isolate.
10. Tortillas comprising the formulation of claim 9.
11. Tortilla chips comprising the formulation of claim 9.
12. Taco shells comprising the formulation of claim 9.
13. A corn based snack comprising the formulation of claim 9.
14. Breakfast cereal comprising the formulation of claim 9.
15. A high fiber, reduced effective carbohydrate food formulation comprising:
 - a) about 10-80% masa corn flour;
 - b) about 10-60% ground corn germ; and
 - c) about 1-20% pre-gelatinized flour and/or pre-gelatinized starch.
16. Tortillas comprising the formulation of claim 15.

17. Tortilla chips comprising the formulation of claim 15.
18. Taco shells comprising the formulation of claim 15.
19. A corn based snack comprising the formulation of claim 15.
20. Breakfast cereal comprising the formulation of claim 15.